**Visualization**

Creative visualization is using the imagination to bring about positive thoughts and change. This activity can be done anytime you are feeling stressed, upset or angry. It is useful when you are being bullied or after you have been bullied to help relax you and keep you calm. Visualize anything that calms you and lets you “mentally” leave the bullying situation.

The following activity is meant to help you understand how to use visualization. This passage can be broken down into smaller parts that can be used quickly and easily. While reading the passage, think about the parts you like and that make you feel relaxed. Use these smaller visualizations when you are being bullied.

We recommend doing this activity with a friend.

**Reader:** Tell your friend to sit comfortably in their chair. Use a calm, low, slow voice and give time between each visual suggestion for them to ease into the vision and see each thing**.**

*Close your eyes. See in your mind a beautiful beach. The sun is shining warmly, the breeze coming from the ocean is soft and warm, palm trees are overhead and a few seagulls circle about. Imagine walking barefoot in the sand with each step. Walk toward the water’s edge and let the water roll over your feet. Jump in the water; it is warm, gentle, and refreshing. Come out of the water and walk to your big beach towel, lay down and relax. Rest for a while in all the peace and beauty surrounding you. Imagine how it looks, how it sounds, how it smells. Breathe in deeply the warm ocean air. Stay here as long as you like.*

*When you are ready to leave, go to the edge of the water and throw in anything that has been bothering you, anything you wish to be rid of in your life, anything you are feeling sad or angry about, anything you worry about. Picture it as a big rock, a chain, a heavy bag over your shoulders. Throw it in the ocean as far as you can. Watch it sink and get taken by the waves. Be thankful for the release of the burden, the problem, the worry. Now walk peacefully back through the warm sand and take a rest on your beach towel.*

Once you have read through the passage:

1. Share how you feel now compared to when we started.
2. Talk about what parts of the visualization you like and could help you when you are being bullied.

Parts of this activity were taken from: http://www.healthiersf.org/resources/pubs/stressRed/Visual%20Imagery.pdf